

# Chicken or Turkey and Noodles - USDA Recipe D170

Meal Components: Vegetable - Dark Green, Grains, Meat / Meat Alternate

D17

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Low-sodium chicken broth		1 gal		2 gal	1. Heat chicken broth to a rolling boil.
Whole-grain spaghetti noodles	1 lb 9 oz	1 qt 1 cup	3 lb 2 oz	2 qt 2 cups	2. Slowly add pasta. Stir constantly until water boils again. Cook about 6 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK OR DRAIN.
*Fresh onions, diced 1/4"	7 oz	1 1/3 cups	14 oz	2 2/3 cups	3. Add onions and carrots. Remove from heat. Set aside for step 7.
*Fresh carrots, shredded	4 oz	1 1/4 cups	8 oz	2 1/2 cups	
Margarine, trans fat-free	2 oz	1/4 cup	4 oz	1/2 cup	4. In a medium pot, melt margarine uncovered over medium heat.
Whole-wheat flour	2 oz	1/2 cup	4 oz	1 cup	5. Add flour. Stir well for 1 minute.
Nonfat milk		3 cups		1 qt 2 cups	6. Add milk. Stir frequently until smooth and free of lumps. Bring to a boil. Remove from heat. Set aside for step 7.
Salt		1 tsp		2 tsp	7. Add milk and flour mixture, salt, pepper, marjoram, parsley, and chicken to pasta and vegetables. Heat uncovered over medium high

Ground black pepper		3/4 tsp		1 1/2 tsp	
Dried marjoram		3/4 tsp		1 1/2 tsp	
Dried parsley		1/4 cup		1/2 cup	
Frozen, cooked diced chicken, thawed 1/4"	3 lb 3 oz	2 qt 2 cups	6 lb 6 oz	1 gal 1 qt	
Frozen, cooked diced turkey, thawed 1/4"	3 lb 3 oz	2 qt 2 cups	6 lb 6 oz	1 gal 1 qt	
*Fresh spinach, chopped	8 oz	3 1/4 cups	1 lb	1 qt 2 1/2 cups	<p><b>8.</b> Fold in spinach.</p> <p><b>9.</b> Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p> <p><b>10.</b> Transfer to a steam table pan (12" x 20" x 2 1/2").</p> <p><b>11.</b> Critical Control Point: Hold for hot service at 140 °F or higher.</p> <p><b>12.</b> Portion with 8 fl oz spoodle (1 cup).</p>

### Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

## Cooking Process #2: Same Day Service

### Serving

NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 1/8 cup dark green vegetable, and 1 oz equivalent grains.

CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, 1/8 cup vegetable, and 1 serving grains/bread.

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Mature onions	8 oz	1 lb
Carrots	4 oz	8 oz
Spinach	8 oz	1 lb

Serving	Yield	Volume
See Notes	<b>25 Servings:</b> about 14 lb	<b>25 Servings:</b> about 1 gallon 3 quarts / 1 steam table pan (12" x 20" x 2 1/2")
	<b>50 Servings:</b> about 28 lb	
		<b>50 Servings:</b> about 3 gallons 2 quarts / 2 steam table pans (12" x 20" x 2 1/2")

Nutrients Per Serving					
Calories	183	Saturated Fat	1 g	Iron	1 mg
Protein	18 g	Cholesterol	38 mg	Calcium	55 mg
Carbohydrate	17 g	Vitamin A	1856 IU	Sodium	259 mg
Total Fat	5 g	Vitamin C	2 mg	Dietary Fiber	3 g